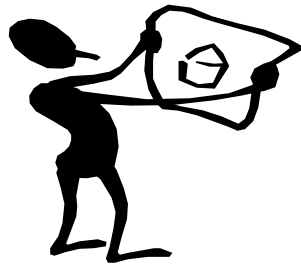


The all about "ME" exercise



Aim: Familiarisation exercise

Resources: Sheet of flip chart paper
pens

Time: 45 minutes

Activity:

Give each person a sheet of paper and a pen. Ask them to draw five things on the paper, which they feel describes them self (this could be smiley faces, the sun, a fast car etc.)

When they have done this ask them to go back into their groups and discuss the pictures they have drawn to describe themselves and are they positive or negative.

Finally ask participants to put their pictures up on the wall. Then ask everyone to write or draw one positive quality they like about each person on the person's picture.

Participants keep the pictures.

ME AND MINE

AIM

To enable group members to gain an insight in to what makes other group members "tick", what are their influences, what is important to them?

TIME

1 hour

METHODOLOGY

In preparation, ask participants to bring an object to the training course that is important to them and their identity.

On the first day of the training session ask participants to place their objects (out of sight of other participants) in to a box (provided by you).

On the day the ask participants to choose an object from the box, sit the group in a circle and ask each participant to share with the group who they think the object belongs to and why.

Split the main group into small groups of three or four. Ask the participants to write down on a sheet of flip chart paper what the object means to them and why it reflects their identity, participants then share what they have written with their small group.

Create a gallery space for all participants to display their object and flip chart.